

## Valuable Hints for Housewives

## The Yeast

Fleischmann's Yeast is a plant which needs warmth, air and moisture for its growth, but it is killed by an excess of heat or cold. Anything too warm for the hand is too warm for the yeast, and anything which chills the yeast will stop its growth. For these reasons all liquids should be lukewarm and the flour also should be warmed in cold weather.

Additional yeast may be used in these recipes with advantage to the baked goods and a saving of time. Proportionately more yeast may be used in sweet doughs, as a large amount of sugar makes the dough dense and hard to raise.

Whenever possible, keep yeast in ice box, placing it where it will be dry as well as cold. Where ice is not obtainable and yeast cannot be secured fresh for each baking, it can be kept in good condition for a week or ten days by keeping in a cellar or other cool place. In order to keep an unused portion it should be rewrapped in the tinfoil.

The yeast may discolor at times, but this does not in any way affect its quality. If it is firm it is in good condition, if too soft to handle it must not be used.

Your grocer always has on hand a fresh supply of Fleischmann's Yeast.

## The Mixing

After kneading, place dough in a greased bowl and set in a warm place, free from draft. Cover bowl to prevent crust forming on dough which would cause a streak in the bread. Let dough rise until double in bulk.

## The Moulding

Next, mould dough into loaves about half size of bread pans, handling as little as possible and using no flour. Put each loaf in a well greased pan and let rise again in warm place, free from draft, till double in size. To test if loaf is ready for oven, flour the finger and make an impression in loaf. If impression disappears, give loaf a little more time, if it remains bread will rise no more and should go in oven.

## The Baking

Place in a quick oven where the loaf should brown in from fifteen to twenty minutes. Then reduce the heat and finish the baking more slowly. Bread is done when it leaves the sides of the pan.

An ordinary sized loaf will make in from forty to fifty minutes. A large loaf should bake one hour. Biscuits and rolls require a hotter oven than bread and should be baked in fifteen or twenty minutes.

## General Hints

After the loaf is baked, remove from pan and let it stand out of a draft until cold.

Sponges should not be permitted to get too light. They are ready when bubbles gather on the surface and break occasionally.

Use only the best of flour—it is the economical. In cold weather warm it slightly.

Lard, butter fat, oil, Crisco or other prepared shortening may be used.

## Measurements

The cup in which the flour is measured should be used for measuring the contents one-half pint. 16 tablespoons 1 cup, three teaspoons—1 tablespoon.

All measurements should be level. A cupful of liquid means as much as the cup will hold. Dry ingredients should be leveled off with a knife.

Accurate measurements mean good results.

## White Bread

2 cakes yeast, 1 quart lukewarm water, 2 tablespoonfuls sugar, 2 tablespoonfuls lard or butter, melted, 3 quarts sifted flour, 1 tablespoonful salt.

Dissolve yeast and sugar in lukewarm water, add lard or butter, and half the flour. Beat until smooth, then add salt and balance of flour, or enough to make dough that can be handled. Knead until smooth and elastic. Place in greased bowl, cover and set aside in a moderate warm place, free from draft, until light—about one and one-half hours.

Mould into loaves. Place in well-greased bread pans, filling them half full. Cover and let rise one hour, or double in bulk. Bake forty-five to sixty minutes.

If a richer loaf is desired, use milk in place of part or all of water.

Note—One cake of yeast may be used with good results; but remember

to pickier and stronger to findamentation the better the bread. The best bread makers have adopted the quick method.

White Bread  
Sponge Method

1 cake Fleischmann's Yeast; 1-1/2 qts. lukewarm water; 2 tablespoonfuls sugar; 4-1/2 qts. sifted flour; 2 tablespoonfuls lard or butter, melted; 1 tablespoonful salt. Dissolve the yeast and sugar in one quart of the lukewarm water, and add one and one-half quarts of sifted flour, or sufficient to make an ordinary sponge. Beat well. Cover and set aside to rise for about one and one-half hours in a warm place.

When well-risen add the pint of lukewarm water, lard or butter, the remainder of the flour, or enough to make a moderately firm dough, and the salt. Knead thoroughly; place in greased bowl. Cover and let rise from one and one-half to two hours.

When light, mould into loaves and place in well-greased baking pans, cover and let rise again for about one hour. When light, bake forty to fifty minutes, reducing the heat of oven after ten minutes.

This recipe makes four large loaves. The whole process takes from five and one-half to six hours, and if followed closely, will produce excellent results.

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## Some Tasty Dishes

Wings and Drumsticks of Cold Fowl. Put two tablespoonfuls of butter in a frying pan and when melted, add a tablespoonful each of chili sauce and mushroom catsup and a teaspoonful each of made mustard and table sauce. Take the wings and drumsticks and any other pieces from a cold fowl, make gashes in them and sprinkle with pepper, salt and flour and cook in the above sauce until thoroughly heated. Then pour over a little boiling hot chicken stock—beef extract diluted with hot water will also do—sprinkle in a small quantity of chopped parsley and serve at once.

Fried Apples. Pare and core several fine cooking apples and cut the slices in rings about a quarter of an inch thick. Dip these in a sauce made by mixing one tablespoonful of lemon juice with the same quantity of brandy and a little granulated sugar; fry the apples in boiling hot butter. When the slices are nicely browned on each side take them up with a perforated pancake turner, lay them on white paper and sprinkle with cinnamon and powdered sugar. Serve at once.

Nut Preparations. Select your favorite nuts and peel and blanch them and then fry them in just enough olive oil to keep them from burning. When nicely browned mix together one tablespoonful each of English chutney and table sauce, some chopped pickles and a little salt. Pour this mixture over the nuts and serve with crackers and cheese.

If fresh lobster cannot be obtained, get the canned sort, and also ask for a box of the shells used for the patties. Mix the lobster meat with raw egg beaten up—about two to a can of lobster—crushed bread crumbs, pepper, salt and a little butter. Then stuff the most ornamental pieces of the shell with the mixture, sprinkle the top with more toasted crumbs, add a nut of butter and bake until very brown.

To every quart of sweet apple cider add a bottle of club soda. Have ready some thinly sliced tart apples and some sprigs of fresh mint. Bruise the mint leaves, allowing a little sprig for each glass. Several of the apple slices must also be put into each glass, and the punch may contain much sugar and a little lemon juice if liked.

Toast a lot of marshmallows drops and while each one is piping hot drop it onto a little round, crisp ginger snap.

## FOR SALE—HOGS

100 head of Shoats, weighing about 100 lbs. Just right to feed, and a nice car load when fed out. Will price them right. H. Lammon, Kephart, N. M., 10 miles southwest of Pasamonte.

Strayed—From my ranch at Greenville, two mottle faced cows and one black heifer—branded Cross J connected, on right thigh. Fifteen dollars reward. Address J. H. Adams, Greenville, N. M.

## NEW ROAD AGREED UPON

A committee of three each from Dedman and Des Moines went over the road between the two towns last Monday and agreed upon the following line of road between the two towns. This will shorten the road about one-half mile and will make a good road with a very little work. Follow the north side of the right-of-way of the Rocky Mountain to the water tank, thence west one and three-fourths miles, thence south one half mile, thence west along the right of way along the north side of the road to the south side of the school section and thence straight west into Dedman. This report will be made to the county commissioners and a petition covering the line of road presented at the same time.—Des Moines, (N. M.) Swastika.

## HOME ECONOMICS CLUB

The next regular meeting will be held January 5th at the home of Mrs. Olbeter. Mesdames Muir and Savage will assist the hostess.

Now that the Baby Contest is over, it seems a proper time for the Club to show its appreciation to all those who helped make it a success.

Especially do we feel grateful to Doctors Bristol, Edmondson, and Daniels who left their offices and worked faithfully all the afternoon, and to the nurses who assisted them and also to Dr. Keller who conducted the Dental examination. Without them the contest would have been a failure. Co-operation is a necessity to the success of anything.

## PUBLIC NOTICE

PUBLIC NOTICE is hereby given that I have sold my entire lumber business at Clayton and Mt. Dora, to the Star Lumber Co., and I desire to close up my accounts at once. All persons indebted to myself, or to the Tom Gray Lumber Company, please call around at my office and make settlement. And all persons to whom I am indebted, on account of said lumber business, are invited to present their accounts to me as soon as possible.

Dated at Clayton, New Mexico, December 14th, 1916.

Tom Gray.

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